

*****From *Everyday Vegetarian Magazine******

Zucchini Quesdillas

Ingredients

- 1 tablespoon vegetable oil, plus extra for brushing tortillas
- 1 zucchini, cut into 1/2-inch pieces
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 garlic clove, minced
- 1/2 teaspoon ground cumin
- 2 (8-inch) flour tortillas
- 2 ounces Monterey Jack cheese, shredded (1/2 cup)
- 1 ounce queso fresco, crumbled (1/4 cup)
- 1 tablespoon minced jarred jalapenos
- Kosher salt

Directions

1. Heat oil in 10-inch nonstick skillet over medium-high heat until shimmering. Add zucchini, salt, and pepper and cook, stirring occasionally, until zucchini is browned and tender, 5 to 7 minutes. Add garlic and cumin and cook until fragrant, about 30 seconds. Transfer to bowl. Wipe out skillet with paper towels.
2. Heat now-empty skillet over medium heat until hot, about 2 minutes. Place 1 tortilla in skillet and toast until soft and puffed slightly at edges, about 2 minutes. Flip tortilla and toast until puffed and slightly browned, 1 to 2 minutes longer. Transfer tortilla to cutting board. Repeat, toasting second tortilla while assembling first quesadilla.
3. Sprinkle half of zucchini, half of Monterey Jack, half of queso fresco, and half of jalapenos over half of tortilla, leaving 1/2-inch border around edge. Fold other half of tortilla over top and press to flatten. Brush surface generously with oil, sprinkle lightly with kosher salt, and set aside. Repeat to assemble second quesadilla.
4. Place both quesadillas in skillet, oiled sides down; cook quesadillas over medium heat until crispy and well browned, 1 to 2 minutes. Brush tops with oil and sprinkle lightly with kosher salt. Flip quesadillas and cook until second sides are crispy and browned, 1 to 2 minutes longer. Transfer quesadillas to cutting board. Let cool for at least 3 minutes, then slice each quesadilla in half and serve.

*****From *Your Editor******

We invite everyone to share special recipes or ideas you use to prepare the veggies we receive each week. We'd like to place them in the newsletter in coming weeks. E-mail to grandma.joan1@comcast.net or drop them off when you pickup your veggies.



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127 Sisters Hill Road, PO Box 22, Stanfordville, NY

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Comments from Apprentice Dev

This past week brought big rains and cool breezes and the halfway marker of the season is just around the corner! With a stretch of cooler weather this week allows us to take a second, look back, and reassess our priorities going ahead in the second half of the season. Walking through the greenhouse the benches are now covered in freshly pulled onions drying out to be stored for the rest of the season. It always feels satisfying to see a crop grow from seed and after seeding dozens of trays of those onions way back in March it feels great to see the finished product pulled and ready for the months ahead. As we step into August the general flow of our work weeks starts to change as the focus shifts from planting and prepping for this season to harvesting and gearing up for the following season. The onion harvest marks the first of some of our big harvests for the fall. Hard to believe we'll be picking winter squash in only a few short weeks! While we wrap up the last of our fall plantings we can start to focus on getting the farm in good shape for the months ahead.

As we were taking inventory this week Dave announced that we had raked in about 20,000 lbs of produce this season. Compared to the past year or two we're at least 500 lbs ahead! It feels good to have already brought in so much delicious food but it's even crazier to think of how much more is yet to come. With 13 weeks left of harvesting (plus Thanksgiving bonus shares) the real heavy hitters will come into play. Potatoes, melons, winter squash, onions, and many more beets and carrots have yet to bump that number up. Considering we harvested over 90,000 lbs of food last year we still have quite a ways to go!

At this point in the season you can just start to peek into the other half and almost begin to think of preparing for not just the fall, but next season as well. Between the heat and the busy buzz of the farm, the month of July seemed to pass in one swift moment. Moving into August, with these cooler days, I feel my head clearing and calming. This week seemed to highlight once again the importance of timing on a farm. Between balancing moisture levels and weed pressure this week we struck a balance in order to find ways to use the best tools at the right times in order to get things into shape. While some of the weeds this summer have gotten a bit bigger than we may like, this week we were able hit a whole slew of newer plantings at just the right time to kill future weeds. Seeing the consequences of poor weeding this summer just make me appreciate perfectly timed weeding that much more. It can be hard to try to

focus on these tasks when the harvest list keeps growing but it's important at this point in the season to also focus on the larger picture as well. If we hit these weeds at the perfect time we save ourselves infinitely more time hand weeding and watering, and even better-save time and energy in future seasons by preventing any weeds from going to seed. As the halfway hump rounds the corner it gives us a chance to look beyond the day's to do list and start to see the larger priorities for the sake of the farms future.

Let's hope the calm cool weather stays with us this August. Hope you're enjoying all these summer treats as much as I am!

******From Everyday Vegetarian Maga-*

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Stuffed Eggplant with Bulgur

Ingredients

- 4 (10-ounce) Italian eggplants, J halved lengthwise
- 2 tablespoons extra-virgin olive oil Salt and pepper
- 1/2 cup medium-grind bulgur, rinsed 1/4 cup water
- 1 onion, chopped fine
- 3 garlic cloves, minced
- 2 teaspoons minced fresh oregano or 1/2 teaspoon dried
- 1/4 teaspoon ground cinnamon
- Pinch cayenne pepper
- 1 pound plum tomatoes, cored, seeded, and chopped
- 2 ounces Pecorino Romano cheese, grated (1 cup)
- 2 tablespoons toasted pine nuts 2 teaspoons red wine vinegar
- 2 tablespoons minced fresh parsley

Directions

1. Adjust oven racks to upper-middle and lowest positions, place parchment paper-lined rimmed baking sheet on lower rack, and heat oven to 400 degrees.
2. Score flesh of each eggplant half in 1-inch diamond pattern, about 1 inch deep. Brush scored sides of eggplant with 1 tablespoon oil and season with salt and pepper. Lay eggplant cut side down on hot sheet and roast until flesh is tender, 40 to 50 minutes. Transfer eggplant cut side down to paper towel-lined baking sheet and let drain.
3. Meanwhile, toss bulgur with water in bowl and let sit until grains are tender and fluffy, 20 to 40 minutes.
4. Heat remaining 1 tablespoon oil in 12-inch skillet over medium heat until shimmering. Add onion and cook until softened, 5 minutes. Stir in garlic, oregano, cinnamon, cayenne, and 1/2 teaspoon salt and cook until fragrant, about 30 seconds. Stir in soaked bulgur, tomatoes, 3/4 cup Pecorino, pine nuts, and vinegar and let warm through, about 1 minute. Season with salt and pepper to taste.

5. Return eggplant halves cut side up to parchment-lined sheet. Using 2 forks, gently push eggplant flesh to sides to make room for filling. Mound bulgur mixture into eggplant halves and pack down lightly with back of spoon. Sprinkle remaining 1/4 cup Pecorino over top of bulgur mixture. Bake on upper rack until cheese is melted, 5 to 10 minutes. Sprinkle with parsley and serve.

******From Everyday Vegetarian Maga-*

*zine******

Farfalle and Summer Squash with Tomatoes

Ingredients

- 2 pounds summer squash and/or zucchini, halved lengthwise and sliced 1/2 inch thick
- Kosher salt and pepper
- 5 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- 1/2 teaspoon red pepper flakes
- 1 pound farfalle
- 12 ounces grape tomatoes, halved
- 1/2 cup chopped fresh basil
- 1/4 cup pine nuts, toasted
- 2 tablespoons balsamic vinegar
- Grated Parmesan cheese

Directions

1. Toss squash with 1 tablespoon salt in colander and let drain for 30 minutes. Pat squash dry with paper towels and carefully wipe away any residual salt.
2. Heat 1 tablespoon oil in 12-inch nonstick skillet over high heat until just smoking. Add half of squash and cook, stirring occasionally, until golden brown and slightly charred, 5 to 7 minutes, reducing heat if skillet begins to scorch; transfer to large plate. Repeat with 1 tablespoon oil and remaining squash; transfer to plate.
3. Heat 1 tablespoon oil in now-empty skillet over medium heat until shimmering. Add garlic and pepper flakes and cook until fragrant, about 30 seconds. Stir in squash and cook until heated through, about 30 seconds.
4. Meanwhile, bring 4 quarts of water to boil in large pot. Add pasta and 2 tablespoons salt and cook, stirring often, until al dente. Reserve 1/2 cup cooking water, then drain pasta and return it to pot. Add squash mixture, tomatoes, basil, pine nuts, vinegar, and remaining 2 tablespoons oil and toss to combine. Adjust consistency with reserved cooking water as needed and season with salt and pepper to taste. Serve with Parmesan.